


September 2017

LONGLEY WAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ CHICKEN BURGER CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
4 LABOR DAY HOLIDAY	5 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	6 SPAGHETTI TACOS BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	7 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	8 BBQ CHICKEN, CORN CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
11 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS* COOKIE	12 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	13 BAKED PASTA BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	14 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	15 MINIMUM DAY SACK LUNCH
18 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	19 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	20 SPAGHETTI TACOS BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*  KIWI TASTING	21 MINIMUM DAY SACK LUNCH	22 BBQ CHICKEN BURGER CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH
25 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	26 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	27 MACARONI & CHEESE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	28 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	29 PEPPERBELLIES CHEESE BREAD WITH MARINARA* TURKEY & HAM SANDWICH

**Harvest
of the
Month**
Network for a Healthy California



OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
FRESH FRUITS
AND VEGETABLES

Choose at least 3
components
(meat, grain, milk, fruit
or vegetable)

1 must be a fruit or
vegetable

All meals are low sodium
and all grains are whole
grains!

*Vegetarian Meals